



## What to do when you are in quarantine

### 1. How to quarantine:

Students will be in their dorm rooms in quarantine while they await test results. We anticipate test results within 36 hours. You will receive notification that your results are available in your Middlebury email. Always wear your cloth face covering in public spaces and keep a 6-foot distance from others. Stay in your room. You may leave your room to use the bathroom and to pick up your meals at a designated drop off location. When you must leave your room, sanitize your hands.

In some cases, students in quarantine may be shifted to other locations. If you need to move to another location,

### you will need:

- Any medications that you take daily
- Fever reducing medication (Tylenol/Acetaminophen or Ibuprofen)
- Thermometer & toiletries
- Clothes for 4 days or more
- Electronics, chargers, books, notebooks
- Supplies/activities to keep you occupied, e.g. yoga mat, art supplies
- Water bottle
- Hand Sanitizer

If you need to do laundry while in quarantine, please put your laundry in a plastic bag and request that a friend bring it to a laundry room. They can dump the bag of clothes in the washing machine without directly touching your soiled clothing. Your friend can then complete the laundry process for you.

### Medical and Mental Health Support while in quarantine:

Center for Health and Wellness Health Services staff will provide direction about daily monitoring of your symptoms through the student health portal IN ADDITION to your daily symptom check on the BacktoSchool (Policy Path) app. Being separated from your friends can be challenging and stressful. We encourage you to maintain connections with friends and family. If you would like to speak with a counselor, please contact **Counseling Services at 443-5141**.

If you are in quarantine over the weekend and you need medical care, you can contact [MiddTeleHealth](#). If you have an urgent medical concern, contact Public Safety at 802-443-5133 to request a ride to UVM MC Porter Hospital Emergency Department. Please notify the hospital on arrival that you are a Middlebury student to ensure continuity of care. If you have symptoms that may be related to COVID19, please review the [CDC Guidelines for self-care](#). If an acute emergency, dial **911**.

If you have any medical questions or concerns, please reach out to the **Center for Health and Wellness nurse line at 443-3290**.